



Mature Matters

A Quarterly Worcester Jewish Community Center Publication

Dear Members and Friends:

Please check out within these pages the many ways in which to become involved at the JCC and beyond! There is something for everyone: 3 special films, 2 day trips (Matisse at the MFA and Tanglewood, featuring Yo-Yo Ma), author presentations, book club, lunch out, and more!

And for those of you looking for something new, well look no further! We are hoping to organize "meet ups" - where like-minded people who share particular interests can connect through the JCC. So, if you are interested in say, meeting up with others to attend a local theater production or going on a hike, this would be posted online and anyone interested could sign up! If you have an idea for a meet-up, contact me!

Anyone interested in starting a singles group? Or how about a couples group for boomers and beyond? Looking to volunteer? Contact me!

Lastly, I would like to call your attention to the first ever Positive Aging Symposium, a collaboration between the JCC and the Worcester Senior Center, on Wednesday, May 10, which will include speakers and workshops, light breakfast and lunch all FREE, at the Worcester Senior Center! The line-up of speakers and workshops is stellar! Register now!

Wishing everyone a lovely spring/summer season!

Warm regards,
Nancy Greenberg



Positive Aging Symposium

The Symposium, a free, day long program cosponsored by the JCC and the Worcester Senior Center, features speakers and workshops on themes of health, wellness, and personal growth, Wednesday, May 10, 8:30 am—2pm at the Worcester Senior Center, 128 Providence Street, Worcester. Geared for local seniors, caregivers, and professionals.

Featured speakers are Secretary, Alice Bonner, Executive Office of Elder Affairs; Dr. Jerry Gurwitz, Chief of Geriatric Medicine, UMass Medical School, and Dr. Matilde Castiel, Commissioner of Health and Human Services for Worcester.

Morning Workshops: (Choose One)

- A. AARP's Life Reimagined Check-up: Discover your Personal "What's Next" Path
- B. Wellness and Resiliency: Learn to Respond with Mindful Self-compassion

Afternoon Workshops: (Choose One)

- A. Getting Better Sleep
- B. Healthy Living for Brain and Body: Tips from the Latest Research

Includes continental breakfast, lunch, and a dessert reception. Free & open to the public. Register by Friday, May 5 by calling the Worcester Senior Center, 508-799-1232. For information contact Nancy, 508-756-7109; ngreenberg@worcesterjcc.org.

How to Reach Us

Nancy Greenberg, Adult/Senior Adult Director, Cultural Arts Director
508.756.7109 x 232, ngreenberg@worcesterjcc.org | 633 Salisbury Street, Worcester, MA 01609
worcesterjcc.org Phone: 508.756.7109 • Fax: 508.754.3373



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JCC Author Series Monthly literary events featuring an eclectic line up of extraordinary authors. Free and open to the public. RSVP to Nancy Greenberg.

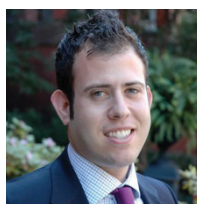


Miriam Weinstein Tuesday, April 25, 7:30 pm, The Willows, Free

All Set for Black, Thanks: A New Look at Mourning, The Willows at Worcester, Great Room, 101 Barry Rd, Worcester (Follow signs to Health Center); Park in "horseshoe" and along driveway.

All Set for Black, Thanks is a collection of intensely personal essays about death that takes mourning out of the closet as we follow the author through a year of funerals, shivas, casseroles, and eulogies. Through her wry, resilient, wise lens, and a dose of black humor, she addresses love, loss, and the meaning of life.

James Kirchick Sunday, May 7; 3 pm, Worcester JCC, Free



The End of Europe: Dictators, Demagogues and the Coming Dark Ages

Once the world's bastion of liberal, democratic values, Europe is now having to confront demons it thought it had laid to rest. The old pathologies of anti-Semitism, populist nationalism, and territorial aggression are threatening to tear the European postwar consensus apart. Based on extensive firsthand reporting, this book is a provocative, disturbing look at a continent in unexpected crisis. James Kirchick is a journalist and foreign correspondent based in Washington. He is the grandson of Gladys Rudnick.

The Distinguished Speaker Series-All Welcome!

The Distinguished Speaker Series brings speakers of local renown from a range of fields and perspectives, to the JCC to share insights and stimulate conversation on today's most compelling issues, stories, and events.

District Attorney Joseph D. Early, Jr.
Tuesday, May 16, 9am—10am

Update: Worcester



Upcoming Day Trips

Matisse in the Studio at the Museum of Fine Arts, Boston

Thursday, June 22, Depart JCC at 11am; Return approximately 7pm

Henri Matisse—who revolutionized 20th-century art—believed that a treasured group of objects was instrumental to his studio practice. “Matisse in the Studio” is the first major international exhibition to examine the importance of Matisse’s personal collection of objects, offering unprecedented insight into the great artist’s creativity. Guided tour included. We will stop for an early dinner (on your own) at **Zaftigs Deli** in Natick on our way home.

Fee includes round trip transportation, museum entrance and guided tour. Dinner at Zaftigs is on your own. Members, \$73, Nonmembers, \$85

Annual Tanglewood Day Trip: Sun, August 6, Yo-Yo Ma, Soloist

Sun, August 6, Depart the JCC at 9:30 am, Return approximately 7pm

\$116/Member \$125/Senior Club \$133 Non Members

Boston Symphony Orchestra with Yo-Yo Ma, Cello
Christoph von Dohnanyi, Conductor
MOZART Symphony No. 25
SCHUMANN Cello Concerto
SCHUMANN Symphony No. 2



Seating in the “Shed”. Lunch at Zucchini’s in Pittsfield. Luncheon entrée selections: Grilled Salmon or Oven Roasted Chicken

Call Nancy Greenberg for more info and to reserve your spot. Registration deadline June 6. (Please call for availability after this date, often we can accommodate)

Sit back and relax and leave the driving to us!

Pottery/Sculpture Class

(multi-level class) Adult/Sr. Adult

Tues. 9:30 am—12:30 pm

\$120/M, \$160/NM 10 weeks

Working with clay is magical and allows you to be creative and get in touch with the joy of playing in the mud again! Hand-building, wheel throwing, and sculpture techniques, along with decoration and glazing. No experience necessary. Join the class anytime! (Pro-rated fee) Instructor: Rosalie Olds; well known Worcester sculptor.

“Next Step” Group

The JCC in collaboration with Jewish Family and Children’s Service, Temple Emanuel Sinai, and Congregation Beth Israel is planning to start a “Next Step” Group. This support/discussion group is for widows and widowers who are beyond the initial stages of bereavement (post 6-12 months). Discussions focus on the practical, emotional, and social issues, related to moving ahead with life as a single widowed person. This is not a drop-in group. Contact Nancy for more information.

*JCC Women’s Group Outing

Lunch at Altea, 259 Park Ave., Worc.,

Wednesday, June 7 at 11:30 am. The group features speakers, discussions, and outings! RSVP to Nancy, 508-756-7109 x 232 by Fri, June 2. *Looking for volunteers to organize future programs for the Group!

Looking for Experienced Canasta Players

Come and play at the J! Tuesdays, from 11:30am – 2:30pm. Contact Nancy!

3 Encore Film Showings:

Orchestra of Exiles



Screening to Commemorate Yom HaShoah
Wednesday, April 26, 1:00pm, JCC, Free

Director: Josh Aronson, Germany/Israel/Poland/
USA, 85 minutes

In the early 1930’s, as the Nazis began forcing Jewish musicians out of European orchestras, they unwittingly presented celebrated violinist, Bronislaw Huberman with a unique opportunity. In a race against time, he rescued some of the world’s greatest musicians from Nazi Germany and then created one of the world’s greatest orchestras, the Palestine Philharmonic (which would become the Israel Philharmonic). With courage and resourcefulness, Huberman saved close to 1000 Jews, along with the musical heritage of Europe. Featuring Itzhak Perlman, Zubin Mehta, Pinchas Zukerman, and Joshua Bell.

The Women’s Balcony Tues, May 16, 7:15pm, JCC, \$8



From Central Mass Jewish Film Fest 2017

Director: Emil Ben Shimon, Israel, 2016,
96 minutes, Hebrew with English subtitles

When the women’s balcony in an Orthodox Jerusalem synagogue collapses during a bar mitzvah celebration, the close-knit Sephardic congregation falls into crisis. Charismatic young Rabbi David appears to be a savior after the accident, but slowly starts pushing his fundamentalist ways. This severely tests the women’s friendships and divides the community along gender lines. A rousing tale about women speaking truth to patriarchal power.

A box office sensation in Israel, nominated for 5 Ophir Awards (Israeli Film Academy). *Purchase tickets at the door.*



Nicky’s Family Friday, June 2, 1:00pm, Showing at Worcester Senior Center, 128 Providence St., Worcester, Free

Director: Matej Minac, UK, Czech Republic, 2013, 96 minutes, English (Rescheduled due to snow!)

The heartwarming, true story of “Britain’s Schindler”, Nicholas Winton, who organized the rescue of 669 Czech children, most of them Jewish, with his own personal “kindertransports”, just before the outbreak of World War II.

Winton never spoke of these events with anyone for 50 years. It was not until his wife Greta unearthed an old briefcase full of documents that the story was revealed. Since then, hundreds of Winton’s “children”, now in their 70s and 80s, have been found and to this day his “family” has grown to almost 6000 people.

***Eva Paddock, a “Winton Child” will speak about her own amazing story following the film. She and her sister were on the last kindertransport to leave Prague before the start of WWII.**

Mantalk at the Worcester JCC needs a few good men!

Meet every Tuesday morning from 9-10am at the JCC. Light breakfast, guest speakers, and lively discussion. Fee \$2. Drop-in. All are welcome!



Ongoing Activities

Lunch Out: Worcester's Best Kept Secret! Tuesday and Thursday at 12 noon at Bet Shalom Apartments, 475 Chandler St. Welcoming Adults 60+. Suggested donation \$3.50. Reserve by calling Nancy Greenberg x 232. Transportation available. Join us for a delicious, hot, home-style kosher lunch, Tuesdays & Thursdays. Menu items include, roast chicken, brisket, stuffed sole, turkey sandwiches, and more.

JCC Book Club There is nothing better than getting together to discuss a good book! No fee. The Club welcomes newcomers. Must be a JCC member. Feel free to drop-in!

The Bridge Ladies, by Betsy Lerner, **Monday, April 24, 11:30am**

The Shack, by Wm. Paul Young, **Monday, May 8, 11:30am**

The Bridal Chair, by Gloria Goldreich, **Monday, June 19, 11:30am**

Play Mah Jongg Adult/Senior Adult No Fee

Thursdays 11—2 pm, No Fee. Experienced players! Meet at the JCC and play! Register by calling Nancy. Must be a JCC member.

Mantalk (JCC's Retired Men's Group); Tuesdays, 9-10 am; Looking for a Few Good Men! New members always welcome! Drop-in; \$2 (covers coffee, and light breakfast).

Duplicate Bridge Adult/Senior Adult

Our cards, your talent. ACBL bridge game with Irene Myers, Life Master, certified ACBL Director. No registration necessary. Bring a brown bag lunch.

Fri. 10:00 am - 1:30 pm ongoing \$3/M, \$5/NM/per week
supervised play 10 - 11 am / sanctioned game 11 am - 1:30 pm

JCC Art Gallery The Art Gallery is located in the lobby and main corridors of the JCC. Each program year features 5 exhibits by local artists. Most art work is for sale and a portion of the proceeds benefits the Cultural Arts Department so you can purchase art while supporting the Arts at the JCC!

Bruce Dean, *Mainly Maine - Plein Air 2017*, Paintings, May/June

New! 60+ lunch program - at the JCC We will offer our 60+ lunch program at the JCC on a trial basis on 2 Thursdays, May 4, and 18 at 12pm in the Senior Adult Lounge.

A full course, hot meal prepared by the Jewish Healthcare Center will be served. Typical menu includes soup, roast chicken, veggies/potato, dessert, and coffee/tea. A chance to relax, enjoy the company of others, and leave the cooking to us! \$3.50 suggested donation.

Please reserve by the Tuesday before by calling Nancy Greenberg at 508-756-7109 x 232; ngreenberg@worcesterjcc.org.

Blintz Souffle Shavuot Luncheon at "Lunch-Out"

Tuesday, May 30, 12 noon, Bet Shalom Apartments, 475 Chandler St., Worcester
It's a once a year splurge! Join us for blintzes to celebrate the holiday of Shavuot!
Please reserve by May 19, Nancy, 508-756-7109 x 232; ngreenberg@worcesterjcc.org

Weekly Fitness Schedules

MONDAY

DEEP H2O 8:15AM
WATERWORKS 9:15AM
BODYFLOW 10:15AM
CHAIR EXERCISE 10:15AM
SENIOR FIT 11:15AM
YOGA 6PM

TUESDAY

DEEP H2O 8AM
MAN TALK - 9-10AM - Light breakfast, lively discussion, guest speakers, camaraderie; Staff Facilitator: Nancy Greenberg. Fee: \$2.
POTTERY/SCULPTURE 9:30AM-12:30PM, Clay, handbuild, wheel throwing, sculpture w/ Rosalie Olds. Fee. See description
SENIOR FIT 11:15AM
CHAIR YOGA 12:15PM
LUNCH-OUT AT BET SHALOM - 12-2PM, A kosher lunch is served every Tues. & Thurs. Reserve by 10AM on Mon. for Tues. lunch & 10AM on Wed. for Thurs. lunch. Call 508-756-7109, Nancy x 232 or Sue x 273. Suggested fee: \$3.50. Transportation available
AQUA CHALLENGE 7:00PM

WEDNESDAY

WATER IN MOTION 8:15AM
BODYFLOW 9:15AM
WATERWORKS 9:15AM
SENIOR FIT 11:15AM
YOGA 6PM

THURSDAY

HIIT THE WATER 8AM
BODYFLOW 8:30AM
CHAIR EX 10:15AM
PLAY MAH JONGG - 11AM-2PM - Experienced players, No fee, ongoing
LUNCH-OUT AT BET SHALOM, 12-2PM - See Tuesday description.
BODYFLOW 6:30PM
AQUA CHALLENGE 7PM

FRIDAY

WATER IN MOTION 9:15AM
BODYFLOW 10:15AM
SENIOR FIT 11:15AM

*Notice: *you must be a full basic JCC senior member to participate in group exercise classes and to swim in the pool. Senior club members are not eligible to participate in group fitness or pool activities.*



633 Salisbury Street
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Volunteer Opportunities We are in need of volunteers to help set up and serve at the “Lunch Out” program held on Tuesday and Thursday at Bet Shalom Apartments. Volunteers work either two Tuesdays or two Thursdays a month. Please call Nancy if you would like to volunteer!

Senior Adult Information Our Senior Adult Lounge can be reached by elevator. Walkers and a wheelchair are available. Our comfortable lounge is used for programs, lunches, holiday celebrations and more. Stop by during other hours and have a cup of coffee and kibitz with friends.

Van Transportation ... is provided through the Gery & Emil Eisenberg Assisted Living Residence. Transportation is available during the week for medical, nutritional, and other appointments:

- Reservations must be made at least 24 hrs. in advance between 8:30am and 4pm by calling 508-757-0981.
- The van operates within a 15 minute (not mile) radius of the JCC/Eisenberg Campus.
- One-way fee is \$3. To attend Lunch-Out and/or a program at the JCC, the one-way fee is \$2.
- You must have an affiliation with an organization or agency in the Jewish community.

Wednesday Grocery Shopping ... is a free service, thanks to the Lorraine Fay Linder Grocery Shopping Fund. The shuttle currently runs 2 Wednesdays a month from 1-4 pm, to Price Chopper on Park Avenue or Shaw’s on Gold Star Boulevard in Worcester. Schedule is subject to change. Reservations must be made by the previous Friday.

For schedule & further information, please call the Gery & Emil Eisenberg Assisted Living Residence at 508-757-0981. Assistance with transportation is also available through JCC Volunteers. For more information call Nancy Greenberg at the JCC at x 232.

This newsletter is made possible by a generous grant from the Jewish Federation of Central Mass.